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44. The method of claim 43 wherein steps (a) through (f) are completed in the heat transferring medium of water.

45. The method of claim 17 wherein the melting point of the non-curable phase change composition is between about 45° C to about 65° C, and the freezing point of the curable phase change composition is between about 33° C to about 60° C.

46. The method of claim 45 wherein the heat transferring medium is selected from the group consisting of air and water.

47. The method of claim 46 wherein steps (a) through (f) are completed in the heat transferring medium of water.

48. The method of claim 32 wherein the melting point of the non-curable phase change composition is between about 45° C to about 65° C, and the freezing point of the curable phase change composition is between about 33° C to about 60° C.

49. The method of claim 48 wherein the heat transferring medium is selected from the group consisting of air and water.

50. The method of claim 49 wherein steps (a) through (e) are completed in the heat transferring medium of water.